6. A method according to claim 3, wherein said third mixture is sieved through sieves having a pore size of between about 400 and 450 microns.

8. A method according to claim I wherein said sieved second lubricant and said sieved third lubricant are sieved through sieves having a pore size of between about 100 and 150 microns.

10. A method according to claim 3, wherein said first lubricant is silicon dioxide (colloidal anhydrous silica).

11. A method according to claim 3, wherein said material selected from a first filler or a disintegrant is a starch exhibiting good flow properties.

14. A method according to claim 3, wherein said binder which binds dry particles is polyvinylpyrrolidone (povidone).

16. A method according to claim 3, wherein said second filler is derived from a natural source.

18. A method according to claim 3, wherein said first portion and said second portion of said second filler are of generally the same size.

A6 Cont

19. A method according to claim 3, wherein said effervescent is prepared prior to said intimate mixing of said first portion of said second tiller with said effervescent.

20. A method according to claim 3, wherein said effervescent is prepared *in situ* as part of said intimate mixing of said first portion of said second filler with said effervescent.

21. A method according to claim 3, wherein said intimate mixing of said first portion of said second filler with said effervescent comprises non-intimately mixing said first portion of said second filler with said effervescent and passing the resultant non-intimately mixed mixture through a sieve having an average pore size between about 400 and 450 microns, to obtain said third mixture.

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23. A method according to claim 3, wherein said intimate mixing of said second mixture with said third mixture to obtain said fourth mixture is accomplished by non-intimately mixing said second mixture with said third mixture to obtain a non-intimately mixed mixture and sifting said non-intimately mixed mixture through a sieve having an average pore size between about 400 and 450 microns to obtain said fourth mixture.

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25. A method according to claim 3, wherein said second lubdicant is selected from

magnesium stearate, talc, sodium lauryl sulfate, and phosphates known in the art to function as lubricants.

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27. A method according to claim 3, wherein said material selected from a saponificant or a third lubricant is sodium lauryl sulfate.

28. A method according to claim 2, wherein said effervescent is a mixture of a pharmaceutically acceptable carboxylic or dicarboxylic acid and a pharmaceutically acceptable salt of HCO_3-.

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30. A method according to claim 28, wherein said pharmaceutically acceptable salt of HCO_3- is sodium bicarbonate.

31. A method according to claim 28, wherein said pharmaceutically acceptable carboxylic or dicarboxylic acid and said bicarbonate are present in an amount providing a molar excess of -COOH groups.

32. A method according to claim 28, wherein said effervescent comprises a mixture of adipic acid and sodium bicarbonate.

33. A method according to claim 2, wherein said effervescent comprises between about 6 and 10 wt.%.

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34. A method according to claim 1 wherein the amount of water mixed with said micronized progesterone is between about 25 and 28 wt.% of the amount of micronized progesterone.

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36. A method according to claim 1, wherein said water is added to said micronized progesterone at rate of between about 6 to 9 ml per minute.

37. A method according to claim 1, wherein said water is mixed with said micronized progesterone at a mixing speed of between about 25-33.3 rpm.

38. A method according to claim 1 wherein said drying of said wetted micronized progesterone is done at a temperature of between about 55°C and about 60°C.

39. A method according to claim 1 wherein all of said mixing steps are carried out at a temperature of between about 15°C and 30°C.

A12 45. A tablet according to claim 43 comprising between about 6 to 8 wt.% effervescent.